

Prices 2024-2025
 Student \$2.90
 Reduced FREE
 Adult \$5.00
 Milk .70

Prepared by CVSD 556-0025
 *Menu subject to change.
 Fat Free Flavored Milk Served Daily
 All Meals Include – Meat/Meat Alt.,
 W. Grain, Vegetable, Fruit, Milk

ConestogaValley HS
NOVEMBER 2024
Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Bar - Apples, Bananas, Oranges, Pears, Grapes, Seasonal Fruits and Dried Fruits Fresh Veggie Bar – Bell Peppers, Broccoli, Cauliflower, Tomatoes, Celery, Baby Carrots, Mini Salads,				1 Pretzel Bun with Cheese Tomato Soup w/WG Saltine Crackers Cucumber Coins Applesauce / Fresh Fruit NO HOT COMBO
4 Roasted Buffalo Chicken / WG Dinner Roll Cheesy Scalloped Potatoes Steamed Peas Cucumber Coins Peaches / Fresh Fruit NO HOT COMBO	5 Holiday Meal Turkey & Gravy w/ Mashed Potatoes, Stuffing, WG Dinner Roll Green Beans Baby Carrots Applesauce / Fresh Fruit Pumpkin Pie / Whipped Topping	6 Chili / Cornbread Cheese Crunchers California Blend Veggies Broccoli Florets Mandarin Oranges / Fresh Fruit HAM & CHEESE MELT	7 Chicken Alfredo / WG Garlic Knot Steamed Green Beans Green Pepper Slices Pineapple Tidbits / Fresh Fruit STEAK SANDWICH	8 French Bread Pizza Steamed Broccoli & Cauliflower Spinach Salad Roasted Garbanzo Beans Bell Pepper Slices Pears / Fresh Fruit TURKEY & CHEESE MELT
11 Pizza Sticks/Marinara Sauce Glazed Carrots Roasted Garbanzo Beans Tossed Romaine Salad Applesauce / Fresh Fruit NO HOT COMBO	12 Buffalo Chicken Queso Dip w/ Soft Pretzel Rods Steamed Broccoli Cucumber Coins Mandarin Oranges / Fresh Fruit MEATBALL SANDWICH	13 Chicken Patty on WG Roll Sandwich Fixings – Lettuce / Tomato WG Goldfish Crackers Mixed Vegetable Blend Grape Tomatoes Peaches / Fresh Fruit NO HOT COMBO	14 Buckskin Meatloaf Buttered Rotini Steamed Peas Grape Tomatoes Strawberry Cups / Fresh Fruit BUFFALO CHICKEN SANDWICH	15 Walking Taco Lettuce/Tomatoes/Cheese Cup Tex Mex Veggies Baby Carrots Pears / Fresh Fruit NO HOT COMBO
18 Buckskin Bowl / WG Roll Steamed Broccoli & Cauliflower Cucumber Coins Strawberry Cups / Fresh Fruit NO HOT COMBO	19 Three Cheese Cavatappi Italian meatballs w/ Marinara Steamed Tuscan Blend Green Pepper Slices Fruit Mix / Fresh Fruit GRILLED CHICKEN SANDWICH	20 Sweet & Sour Chicken w/ Fried Rice Mini Egg Roll & Fortune Cookie Steamed Stir Fry Veggies Cauliflower Florets Pineapple Tidbits / Fresh Fruit PORK BBQ SANDWICH	21 Cheeseburger on WG Roll French Fries Baked Beans Baby Carrots Applesauce / Fresh Fruit NO HOT COMBO	22 EARLY DISMISSAL Mickey's Pizza Fresh Veggie Bar Fresh Fruit NO HOT COMBO
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

Daily Salad Option may include: Vegetarian, Buffalo Chicken, Grilled Chicken, Chef, Italian, Cobb, and Seasonal Favorites.

Salad Ingredients may include: Mixed Greens (Iceberg, Spinach, Spring Mix, Romaine). Bell Pepper, Broccoli, Carrot, Cauliflower, Celery, Cucumber, Olives (green or ripe), Onion (red or white), Radish and Tomato. Craisins and Mandarin Oranges. Cheese (cheddar and mozzarella), Egg, Chicken, Ham, Turkey, and Pepperoni. WG Roll w/Butter and Croutons.

***ALL Meals offer:** Meat/Meat Alt., Whole Grains, Vegetable, Fruit, Milk